



|  |  |
|--|--|
| <input type="checkbox"/> Trouble breathing                     | <input type="checkbox"/> Dizzy, light-headed, passed out                         |
| <input type="checkbox"/> Bad headaches                         | <input type="checkbox"/> Diarrhea, vomiting, or frequent indigestion/flatulence  |
| <input type="checkbox"/> Generally feeling weak                | <input type="checkbox"/> Problems sleeping or still feeling tired after sleeping |
| <input type="checkbox"/> Muscle aches                          | <input type="checkbox"/> Trouble concentrating, easily distracted                |
| <input type="checkbox"/> Swollen, stiff or painful joints      | <input type="checkbox"/> Forgetful or trouble remembering things                 |
| <input type="checkbox"/> Back pain                             | <input type="checkbox"/> Hard to make up your mind or make decisions             |
| <input type="checkbox"/> Numbness or tingling in hands or feet | <input type="checkbox"/> Increased irritability                                  |
| <input type="checkbox"/> Trouble hearing                       | <input type="checkbox"/> Taking more risks such as driving faster                |
| <input type="checkbox"/> Hanging in the eardrums               | <input type="checkbox"/> Skin diseases or rashes                                 |
| <input type="checkbox"/> Watery, red eyes                      | <input type="checkbox"/> Other (please list):                                    |

9.a. During this deployment, did you experience any of the following events? (Mark all that apply)

- (1) Blast or explosion (IED, RPG, land mine, grenade, etc.) ☐ Yes ☐ No
- (2) Vehicular accident/crash (any vehicle, including aircraft) ☐ Yes ☐ No
- (3) Fragment wound or bullet wound above your shoulders ☐ Yes ☐ No
- (4) Fall ☐ Yes ☐ No
- (5) Other event (for example, a sports injury to your head). Describe injury to head, boxing ☐ Yes ☐ No

9.b. Did any of the following happen to you, or were you told happened to you, IMMEDIATELY after any of the event(s) you just noted in question 9.a.? (Mark all that apply)

- (1) Lost consciousness or got "knocked out" ☐ Yes ☐ No
- (2) Felt dazed, confused, or "saw stars" ☐ Yes ☐ No
- (3) Didn't remember the event ☐ Yes ☐ No
- (4) Had a concussion ☐ Yes ☐ No
- (5) Had a head injury ☐ Yes ☐ No

9.c. Did any of the following problems begin or get worse after the event(s) you noted in question 9.a.? (Mark all that apply)

- (1) Memory problems or lapses ☐ Yes ☐ No
- (2) Balance problems or dizziness ☐ Yes ☐ No
- (3) Ringing in the ears ☐ Yes ☐ No
- (4) Sensitivity to bright light ☐ Yes ☐ No
- (5) Irritability ☐ Yes ☐ No
- (6) Headaches ☐ Yes ☐ No
- (7) Sleep problems ☐ Yes ☐ No

9.d. In the past week, have you had any of the symptoms you indicated in 9.c.? (Mark all that apply)

- (1) Memory problems or lapses ☐ Yes ☐ No
- (2) Balance problems or dizziness ☐ Yes ☐ No
- (3) Ringing in the ears ☐ Yes ☐ No
- (4) Sensitivity to bright light ☐ Yes ☐ No
- (5) Irritability ☐ Yes ☐ No
- (6) Headaches ☐ Yes ☐ No
- (7) Sleep problems ☐ Yes ☐ No

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Service Member's Social Security Number: 321-70-9075

10. Do you have any persistent major concerns regarding the health effects of something you believe you may have been exposed to or encountered while deployed? ☐ Yes ☒ No  
If NO, skip to question 11.

10.e. IF YES, please mark the item(s) that best describe your concern:

|  |  |
|--|--|
| <input type="checkbox"/> Animal bites  | <input type="checkbox"/> Loud noises   |
| <input type="checkbox"/> Animal bodies (dead)                                | <input type="checkbox"/> Pests   |
| <input type="checkbox"/> Chemical gas  | <input type="checkbox"/> Pesticides  |
| <input type="checkbox"/> Depleted uranium (if yes, explain)                  | <input type="checkbox"/> Radar/Microwaves  |
| <input type="checkbox"/> Excessive vibration                                 | <input type="checkbox"/> Sarcosis  |
| <input type="checkbox"/> Fog gas (smoke screen)                              | <input type="checkbox"/> Smoke from burning trash or leaves  |
| <input type="checkbox"/> Gasoline  | <input type="checkbox"/> Smoke from oil fire   |
| <input type="checkbox"/> Human blood, body fluids, body parts or dead bodies | <input type="checkbox"/> Solvents  |
| <input type="checkbox"/> Industrial pollution                                | <input type="checkbox"/> Tare heater smoke   |
| <input type="checkbox"/> Infectious  | <input type="checkbox"/> Vehicle or truck exhaust fumes  |
| <input type="checkbox"/> Insect bites  | <input type="checkbox"/> Other exposures to toxic chemicals or materials, such as ammonium nitrate, etc. (if yes, explain) |
| <input type="checkbox"/> Ionizing radiation                                  |  |
| <input type="checkbox"/> JPS or other bugs                                   |  |
| <input type="checkbox"/> Lasers  |  |

11. Since return from your deployment, have you had serious conflicts with your spouse, family members, close friends, or at work that continue to cause you worry or concern? ☐ Yes ☒ No ☐ Unsure

12. Have you ever had any experience that was so frightening, horrible, or upsetting that, IN THE PAST MONTH, you ...

- a. Have had nightmares about it or thought about it when you did not want to? ☐ Yes ☒ No
- b. Tried hard not to think about it or went out of your way to avoid situations that remind you of it? ☐ Yes ☒ No
- c. Were constantly on guard, watchful, or easily startled? ☐ Yes ☒ No
- d. Felt numb or detached from others, activities, or your surroundings? ☐ Yes ☒ No

13.a. In the PAST MONTH, did you use alcohol more than you meant to?

☐ Yes ☒ No

b. In the PAST MONTH, have you felt that you wanted to or needed to cut down on your drinking?

☐ Yes ☒ No

c. How often do you have a drink containing alcohol?

- ☐ Never ☐ Monthly or less ☐ 2 to 4 times a month ☐ 2 to 3 times a week ☒ 4 or more times a week

d. How many drinks containing alcohol do you have on a typical day when you are drinking?

- ☐ 1 or 2 ☐ 3 or 4 ☐ 5 or 6 ☐ 7 or 9 ☐ 10 or more

e. How often do you have 5 or more drinks on one occasion?

- ☐ Never ☐ Less than monthly ☐ Monthly ☒ Weekly ☐ Daily

14. Over the PAST MONTH, have you been bothered by the following problems?

- |  | Not at all                       | Few or several days   | More than half the days | Nearly every day      |
|--|----------------------------------|-----------------------|-------------------------|-----------------------|
| a. Little interest or pleasure in doing things | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| b. Feeling down, depressed or hopeless         | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |

15. Would you like to schedule a visit with a healthcare provider to further discuss your health concern(s)? ☒ Yes ☐ No

16. Are you currently interested in receiving information or assistance for a stress, emotions or alcohol concern? ☐ Yes ☒ No

17. Are you currently interested in receiving assistance for a family or relationship concern? ☐ Yes ☒ No

16. Would you like to schedule a visit with a chaplain or a community support counselor?

☐ Yes ☒ No

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Service Member's Social Security Number: 321-70-9075

Date (dd/mm/yyyy): 05-Oct-2010

Health Care Provider Only

Provider Review and Interview

1. Review symptoms and deployment concerns identified on form:

☒ Confirmed screening results as reported☐ Screening results modified, amended, clarified during interview.

2. Ask behavioral risk questions. Conduct risk assessment.

a. Over the PAST MONTH, have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?

☐ Yes ☒ No

IF YES, about how often have you been bothered by these thoughts?

☐ Very few days ☐ More than half of the time ☐ Nearly every day

b. Since return from your deployment, have you had thoughts or concerns that you might hurt or lose control with someone?

☐ Yes ☒ No ☐ Unsure

3. If member reports positive or unsure response to 2.a. or 2.b., conduct risk assessment.

a. Does member pose a current risk for harm to self or others?

☐ No, not a current risk ☐ Yes, poses a current risk ☐ Unsure

b. Outcome of assessment:

☐ Immediate referral ☐ Routine follow-up referral ☐ Referral not indicated

4. Alcohol screening result

☐ No evidence of alcohol-related problems☒ Potential alcohol problem (positive response to either question 12a or 12b and/or AUDIT-C (questions 13a-c) score of 4 or more for men or 3 or more for women)Refer to PCM for evaluation ☒ Yes ☐ No

5. Traumatic Brain Injury (TBI) risk assessment

☐ No evidence of risk based on responses to questions 9a.-d.☒ Potential TBI with persistent symptoms, based on responses to question 9d. Refer for additional evaluation.☒ Yes ☐ No

6. Record additional questions or concerns identified by patient during interview:

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Service Member's Social Security Number: 321-70-9075

Date (dd/mm/yyyy): 06-Oct-2010

Assessment and Referral: After my interview with the service member and review of this form, there is a need for further evaluation and follow-up as indicated below. (More than one may be noted for patients with multiple concerns.)

| 7. Identified Concerns  | Minor Concern                    | Major Concern                    | Already Under Care    |                                  | 8. Referral Information              | Within 24 hours       | Within 7 days         | Within 30 days                   |
|---|----------------------------------|----------------------------------|-----------------------|----------------------------------|--------------------------------------|-----------------------|-----------------------|----------------------------------|
|   |                                  |                                  | Yes                   | No                               |                                      |                       |                       |                                  |
| a. Physical Symptom(s)  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input checked="" type="radio"/> | a. Primary Care, Family Practice     | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| b. Exposure Symptom(s)  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | b. Behavioral Health in Primary Care | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| c. Depression symptoms  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | c. Mental Health Specialty Care      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
| d. PTSD symptoms  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input checked="" type="radio"/> | d. Other specialty care:             |                       |                       |                                  |
| e. Anger/Aggression   | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | Audiology                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
| f. Suicidal Ideation  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | Cardiology                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
| g. Social/Family Conflict   | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | Dentistry                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
| h. Alcohol Use  | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | Dermatology                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
| i. Other  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/>            | ENT                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
| 9. Comments:<br>Anxiety, depression, fear, PTSD, social phobia, use of alcohol, and PTSD, patient was, the left mixed than the right. History of substance use. |                                  |                                  |                       |                                  | GI                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|   |                                  |                                  |                       |                                  | Internal Medicine                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|   |                                  |                                  |                       |                                  | Neurology                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|   |                                  |                                  |                       |                                  | OB/GYN                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |
|   |                                  |                                  |                       |                                  | Ophthalmology                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            |

|                       |                                       |                                  |                       |                       |
|-----------------------|---------------------------------------|----------------------------------|-----------------------|-----------------------|
| 43. reviewed visit on | Optometry                             | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | Orthopedics                           | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | Pulmonology                           | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | Urology                               | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | e. Care Manager, Care Manager         | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | f. Substance Abuse Program            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | g. Health Promotion, Health Education | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | h. Chaplain                           | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | i. Family Support, Community Service  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | j. Military OneSource                 | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | k. Other                              | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> |
|                       | l. No referral made                   | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |

I certify that this review process has been completed.  
10. Provider's signature and stamp:

Lois McWhorter  
05-Oct-2010

ICD-9 Code for this visit: V70.5 \_ F

#### Ancillary Staff/Administrative Section

|   |  |
|---|--|
| 11. Member was provided the following:  | 12. Referral was made to the following healthcare or support system:   |
| <input checked="" type="radio"/> Health Education and Information               | <input type="radio"/> Military Treatment Facility                      |
| <input checked="" type="radio"/> Health Care Benefits and Resources Information | <input type="radio"/> Division/Line-based medical resource             |
| <input type="radio"/> Appointment Assistance                                    | <input checked="" type="radio"/> VA Medical Center or Community Clinic |
| <input type="radio"/> Service member declined to complete form                  | <input checked="" type="radio"/> Vet Center                            |
| <input type="radio"/> Service member declined to complete inpatient assessment  | <input type="radio"/> TACARE Provider                                  |
| <input type="radio"/> Service member declined referral for services             | <input type="radio"/> Contact Support                                  |
| <input checked="" type="radio"/> LDD  | <input type="radio"/> Community Service                                |
| <input type="radio"/> Other   | <input type="radio"/> Other  |
|   | <input checked="" type="radio"/> None                                  |

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# POST-DEPLOYMENT HEALTH ASSESSMENT (PDHA)

## PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C. 136, 10741, 3013, 5013, 8013 and E.O. 9397.

PRINCIPAL PURPOSE(S): To assess your state of health after deployment in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care you may need. The information you provide may result in a referral for additional healthcare that may include medical, dental or behavioral healthcare or disease community support services.

ROUTINE USE(S): In addition to those disclosures generally permitted under 5 U.S.C. 552a(b) of the Privacy Act, to other Federal and State agencies and civilian healthcare providers as necessary, in order to provide necessary medical care and treatment. Responses may be used to guide possible referrals.

DISCLOSURE: Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: Please read each question completely and carefully before entering your response or marking your selection. YOU ARE ENCOURAGED TO ANSWER EACH QUESTION. ANSWERING THESE QUESTIONS WILL NOT DELAY YOUR RETURN HOME. Withholding or providing inaccurate information may impair a healthcare provider's ability to identify health problems and refer you to appropriate sources for additional evaluation or treatment. If you do not understand a question, please ask for help.

## DEMOGRAPHICS

|   |  |   |  |
|---|--|---|--|
| Last Name<br>ARROYO   |  | First Name<br>LUZMARIA                    | Middle Initial   |
| Social Security Number<br>321-70-9075                           |  | Today's Date (dd/mm/yyyy)<br>14-Apr-2010  |  |
| Name of Your Unit during this Deployment<br>308th CABDE, DET 29 |  | Date of Birth (dd/mm/yyyy)<br>01-Jan-1981 | Gender<br><input type="radio"/> Male <input checked="" type="radio"/> Female |
| Service Branch  | Component  | Pay Grade                                 |  |
| <input type="radio"/> Air Force                                 | <input type="radio"/> Active Duty                  | <input type="radio"/> E1                  | <input type="radio"/> O1   |
| <input checked="" type="radio"/> Army                           | <input type="radio"/> National Guard               | <input type="radio"/> E2                  | <input type="radio"/> O2   |
| <input type="radio"/> Coast Guard                               | <input checked="" type="radio"/> Reserves          | <input type="radio"/> E3                  | <input type="radio"/> O3   |
| <input type="radio"/> Marine Corps                              | <input type="radio"/> Civilian Government Employee | <input type="radio"/> E4                  | <input type="radio"/> O4   |
| <input type="radio"/> Navy                                      | <input type="radio"/> Other                        | <input type="radio"/> E5                  | <input type="radio"/> O5   |
| <input type="radio"/> GS Employee                               |  | <input checked="" type="radio"/> E6       | <input type="radio"/> O6   |
| <input type="radio"/> Other                                     |  | <input type="radio"/> E7                  | <input type="radio"/> O7   |
|   |  | <input type="radio"/> E8                  | <input type="radio"/> O8   |
|   |  | <input type="radio"/> E9                  | <input type="radio"/> O9   |
|   |  |   | <input type="radio"/> O10  |

Date of arrival in theater (dd/mm/yyyy)

26-May-2008

Date of departure from theater (dd/mm/yyyy)

10-Apr-2010

Name of Operation:

Location of Operation. To what areas were you mainly deployed (land-based operations for more than 30 days)? (Please mark all that apply, including the number of months spent at each location.)

|                 |                               |
|-----------------|-------------------------------|
| Country 1: IRAQ | Time at location (months): 12 |
| Country 2:      | Time at location (months):    |
| Country 3:      | Time at location (months):    |
| Country 4:      | Time at location (months):    |
| Country 5:      | Time at location (months):    |

Occupational specialty during this deployment (MOS/AOC, NEC/WOBG, or AFSC): 42A30

Combat specialty: 35B30

Current Contact Information:

Phone: 7084306991  
Cell: 8156305810  
DSN:  
Email: luzeana.arroyo@us.army.mil  
Address: 9148 So. 80th Ct  
Morton Hill, IL 60457

Point of Contact who can always reach you:

Name: Janita Arroyo  
Phone: 7084306991  
Email:  
Mailing Address: 9148 So. 80th Ct  
Morton Hill, IL 60457

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PREVIOUS EDITION IS OBSOLETE.

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Service Member's Social Security Number: 321 70-9075

- Overall, how would you rate your health during the PAST MONTH?  
☐ Excellent  
☐ Very Good  
☒ Good  
☐ Fair  
☐ Poor
- Compared to before this deployment, how would you rate your health in general now?  
☐ Much better now than before I deployed  
☐ Somewhat better now than before I deployed  
☒ About the same as before I deployed  
☐ Somewhat worse now than before I deployed  
☐ Much worse now than before I deployed
- During the past 4 weeks, how difficult have physical health problems (aches or pains) made it for you to do your work or other regular daily activities?  
☒ Not difficult at all  
☐ Somewhat difficult  
☐ Very difficult  
☐ Extremely difficult
- During the past 4 weeks, how difficult have emotional problems (such as feeling depressed or anxious) made it for you to do your work, take care of things at home, or get along with other people?  
☐ Not difficult at all  
☒ Somewhat difficult  
☐ Very difficult  
☐ Extremely difficult
- How many times were you seen by a healthcare provider (physician, PA, nurse, etc.) for a medical problem or concern during this deployment?  
10
- Did you have to spend one or more nights in a hospital as a patient during this deployment?  
☒ No  
☐ Yes. Reason(s):
- Were you wounded, injured, assaulted or otherwise hurt during this deployment?  
☒ No ☐ Yes
- If YES, are you still having problems related to this event?  
☐ No ☐ Yes ☐ Unsure

8. For any of the following symptoms, please indicate whether you want to see a healthcare provider (check "Yes" or "No").

On the day of an interesting symptom, please indicate whether you went to the medical provider, physician, nurse, corpsman, etc., were placed on quarters (Qs) or given unlimited duty (Pds), and whether you are still bothered by the symptom now.

| Symptom  | Sick Call?                       |                       | On Quarters?          |                       | Still Bothered?       |                       | Symptom   | Sick Call?            |                       | On Quarters?          |                       | Still Bothered?       |                       |
|--|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|  | No                               | Yes                   | No                    | Yes                   | No                    | Yes                   |   | No                    | Yes                   | No                    | Yes                   | No                    | Yes                   |
| Fever  | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dizzy, light-headed, passed out                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cough lasting more than 3 weeks                    | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dermatitis  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Trouble breathing                                  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Vomiting  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bad headaches                                      | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Frequent indigestion/heartburn                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Generally feeling weak                             | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Problems sleeping or still feeling tired after sleeping | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Muscle aches                                       | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Trouble concentrating, easily distracted                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Swollen, stiff or painful joints                   | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Forgetful or trouble remembering things                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Back pain  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hard to make up your mind or make decisions             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Numbness or tingling in hands or feet              | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Increased irritability                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Trouble hearing                                    | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Skin diseases or rashes                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ringing in the ears                                | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Other (please list):                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Watery, red eyes                                   | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Stress  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Blurring of vision, like the lights were going out | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |   |                       |                       |                       |                       |                       |                       |
| Chest pain or pressure                             | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |   |                       |                       |                       |                       |                       |                       |

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Service Member's Social Security Number: 321-70-9975

9.a. During this deployment, did you experience any of the following events? (Mark all that apply)

- (1) Blast or explosion (IED, RPG, mine, grenade, etc.) ☐ No ☐ Yes
- (2) Vehicle accident/crash (any vehicle including aircraft) ☐ No ☐ Yes
- (3) Fragment wound or bullet wound above your shoulders ☐ No ☐ Yes
- (4) Fall ☐ No ☐ Yes
- (5) Other event (for example, a sports injury to your head). Describe: ☐ No ☐ Yes

9.b. Did any of the following happen to you, or were you told happened to you, IMMEDIATELY after any of the event(s) you just noted in question 9.a.? (Mark all that apply)

- (1) Lost consciousness or got "knocked out" ☐ No ☐ Yes
- (2) Felt dazed, confused, or "saw stars" ☐ No ☐ Yes
- (3) Didn't remember the event ☐ No ☐ Yes
- (4) Had a concussion ☐ No ☐ Yes
- (5) Had a head injury ☐ No ☐ Yes

9.c. Did any of the following problems begin or get worse after the event(s) you noted in question 9.a.? (Mark all that apply)

- (1) Memory problems or lapses ☐ No ☐ Yes
- (2) Balance problems or dizziness ☐ No ☐ Yes
- (3) Ringing in the ears ☐ No ☐ Yes
- (4) Sensitivity to bright light ☐ No ☐ Yes
- (5) Irritability ☐ No ☐ Yes
- (6) Headaches ☐ No ☐ Yes
- (7) Sleep problems ☐ No ☐ Yes

9.d. In the past week, have you had any of the symptoms you indicated in 9.c.? (Mark all that apply)

- (1) Memory problems or lapses ☐ No ☐ Yes
- (2) Balance problems or dizziness ☐ No ☐ Yes
- (3) Ringing in the ears ☐ No ☐ Yes
- (4) Sensitivity to bright light ☐ No ☐ Yes
- (5) Irritability ☐ No ☐ Yes
- (6) Headaches ☐ No ☐ Yes
- (7) Sleep problems ☐ No ☐ Yes

10. Did you encounter dead bodies or see people killed or wounded during this deployment? (Mark all that apply)

- ☐ No ☐ Yes ( ☐ Enemy ☐ Coalition ☐ Civilian )

11. Were you engaged in direct combat where you discharged a weapon?

- ☐ No ☐ Yes ( ☐ Land ☐ Sea ☐ Air )

12. During this deployment, did you ever feel that you were in great danger of being killed?

- ☐ No ☐ Yes

13. Have you ever had any experience that was so frightening, horrible, or upsetting that, IN THE PAST MONTH, you ...

- a. Have had nightmares about it or thought about it when you did not want to? ☐ No ☐ Yes
- b. Tried hard not to think about it or went out of your way to avoid situations that remind you of it? ☐ No ☐ Yes
- c. Were constantly on guard, watchful, or easily startled? ☐ No ☐ Yes
- d. Felt numb or detached from others, activities, or your surroundings? ☐ No ☐ Yes

14. Over the PAST MONTH, have you been bothered by the following problems?

- a. Little interest or pleasure in doing things ☐ Not at all ☐ A few or several days ☐ More than half the days ☐ Nearly every day
- b. Feeling down, depressed, or hopeless ☐ Not at all ☐ A few or several days ☐ More than half the days ☐ Nearly every day

15. Alcohol is occasionally available during deployments, e.g., R&R, port call, etc. Prior to deploying or during this deployment:

- a. Did you use alcohol more than you meant to? ☐ No ☐ Yes
- b. Have you felt that you wanted to or needed to cut down on your drinking? ☐ No ☐ Yes
- c. How often do you have a drink containing alcohol?  
☐ Never ☐ Monthly or less ☐ 2 to 4 times a month ☐ 2 to 3 times a week ☐ 4 or more times a week
- d. How many drinks containing alcohol do you have on a typical day when you are drinking?



☐ 1 or 2   ☐ 3 or 4   ☐ 5 or 6   ☐ 7 to 9   ☐ 10 or more  
 e. How often do you have six or more drinks on one occasion?  
☐ Never   ☐ Less than monthly   ☐ Monthly   ☐ Weekly   ☐ Daily

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| 16. Are you worried about your health because you were exposed to: (Mark all that apply)              | No                               | Yes                   |
|---|----------------------------------|-----------------------|
| Antimicrobials  | <input checked="" type="radio"/> | <input type="radio"/> |
| Animal bodies (dead)  | <input checked="" type="radio"/> | <input type="radio"/> |
| Chemical gas  | <input checked="" type="radio"/> | <input type="radio"/> |
| Depleted uranium (if yes, explain)  | <input checked="" type="radio"/> | <input type="radio"/> |
| Excessive vibration   | <input checked="" type="radio"/> | <input type="radio"/> |
| Fog gas (smoke screen)  | <input checked="" type="radio"/> | <input type="radio"/> |
| Gasoline  | <input checked="" type="radio"/> | <input type="radio"/> |
| Human blood, body fluids, body parts, or dead bodies  | <input checked="" type="radio"/> | <input type="radio"/> |
| Industrial pollution  | <input checked="" type="radio"/> | <input type="radio"/> |
| Insect bites  | <input checked="" type="radio"/> | <input type="radio"/> |
| Ionizing radiation  | <input checked="" type="radio"/> | <input type="radio"/> |
| JPE or other fuels  | <input checked="" type="radio"/> | <input type="radio"/> |
| Lasers  | <input checked="" type="radio"/> | <input type="radio"/> |
| Lead pipes  | <input checked="" type="radio"/> | <input type="radio"/> |
| Paints  | <input checked="" type="radio"/> | <input type="radio"/> |
| Pesticides  | <input checked="" type="radio"/> | <input type="radio"/> |
| Radar/Microwaves  | <input checked="" type="radio"/> | <input type="radio"/> |
| Bandoliers  | <input checked="" type="radio"/> | <input type="radio"/> |
| Smoke from burning trash or debris  | <input checked="" type="radio"/> | <input type="radio"/> |
| Smoke from oil fire   | <input checked="" type="radio"/> | <input type="radio"/> |
| Solvents  | <input checked="" type="radio"/> | <input type="radio"/> |
| Tent heater smoke   | <input checked="" type="radio"/> | <input type="radio"/> |
| Vehicle or truck exhaust fumes  | <input checked="" type="radio"/> | <input type="radio"/> |
| Other exposures to toxic chemicals or materials, such as ammonia, nitric acid, etc. (if yes, explain) | <input checked="" type="radio"/> | <input type="radio"/> |

17. Were you exposed to any chemicals or other hazard (military, environmental, etc.) that required you to seek immediate medical care?

☒ No   ☐ Yes

18. Did you enter or closely inspect any destroyed military vehicles?

☒ No   ☐ Yes

19. Do you think you were exposed to any chemical, biological, or radiological warfare agents during this deployment?

☒ No   ☐ Don't know   ☐ Yes, explain with date and location.

20. This question assesses your personal risk for exposure to tuberculosis or other local infectious diseases.

Would you say your INDOOR contact with local or 3rd country nationals was:

☐ None   ☐ Minimal (less than 1 hour per week)   ☐ Moderate (1 or more hours per week, but not daily)   ☒ Extensive (at least 1 hour per day, every day)

21. Force Health Protection Measures. Please indicate which of the following items you used during this deployment and how often you used them.

|  | Usely                 | Most days             | Some days                        | RARELY                           | Not available                    | Not required          |
|--|-----------------------|-----------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------|
| DEET insect repellent applied to skin                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| Pesticide-treated uniforms   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| Eye protection (not commercial sunglasses or prescription glasses) | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
| Hearing protection   | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
| N 95 or other respirator (not gas mask)                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| Pills to stay awake, like dexedrine                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| Anti-NBC mops  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| Pyridostigmine (Nerve agent pill)                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| Nerve agent antidote injector                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> |
| Calcium/anticholinesterase injector                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> |
| NBC gas mask   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> |
| MOFP over garments   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> |

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22. Did you receive any vaccinations just before or during this deployment?

☐ Smallpox (leaves a scar on the arm)

☒ Anthrax

☐ Botulism

☐ Typhoid

☐ Meningococcal

☐ Yellow Fever

☒ Other, list: H1N1, Influenza

☐ No

☐ Don't know

23. Were you told to take medicines to prevent malaria?

☒ No   ☐ Yes

If YES, please indicate which medicines you took and whether you missed any doses. (Mark all that apply)

| Anti-malarial medications | Took All Pkts   |
|---------------------------|---|
| Chloroquine (Arelan®)     | <input type="radio"/> No <input checked="" type="radio"/> Yes |
| Doxycycline (Vibramycin®) | <input type="radio"/> No <input checked="" type="radio"/> Yes |
| Mefloquine (Lariam®)      | <input type="radio"/> No <input checked="" type="radio"/> Yes |
| Primaquine                | <input type="radio"/> No <input checked="" type="radio"/> Yes |
| Other:                    | <input type="radio"/> No <input checked="" type="radio"/> Yes |

24. Would you like to schedule a visit with a healthcare provider to further discuss your health concern(s)?

☐ No   ☒ Yes

25. Are you currently interested in receiving information or assistance for stress, emotional or alcohol concern?

☐ No   ☒ Yes

16. Are you currently interested in receiving assistance for a family or relationship concern? ☒ No ☐ Yes
17. Would you like to schedule a visit with a chaplain or a community support counselor? ☒ No ☐ Yes

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Service Member's Social Security Number: 321-70-9075

Health Care Provider Only  
Post-Deployment Health Care Provider Review, Interview, and Assessment

1. Do you have any medical or dental problems that developed during this deployment? ☒ Yes ☐ No  
If yes, are the problems still bothering you now? ☒ Yes ☐ No
2. Are you currently on a profile (or LIMPDU) that restricts your activities (light or limited duty)? ☐ Yes ☒ No  
If yes: For what reason? ☐ NA  
Is your condition due to an injury or illness that occurred during the deployment? ☐ Yes ☒ No ☐ NA  
Did you have similar problems prior to deployment? ☐ Yes ☒ No ☐ NA  
If so, did your condition worsen during the deployment? ☐ Yes ☒ No ☐ NA
3. Ask the following behavioral risk questions. Conduct risk assessment as necessary.
- a. Over the PAST MONTH, have you been bothered by thoughts that you would be better off dead or hurting yourself in some way? ☐ Yes ☒ No  
If YES, about how often have you been bothered by these thoughts? ☐ A few days ☐ More than half of the time ☐ Nearly every day
- b. Over the PAST MONTH, have you had thoughts or concerns that you might hurt or lose control with someone? ☐ Yes ☒ No ☐ Unsure
4. If member reports YES or UNSURE responses to 3.a. or 3.b., conduct risk assessment.
- a. Does member pose a current risk for harm to self or others? ☐ No, not a current risk ☐ Yes, poses a current risk ☐ Unsure
- b. Outcome of assessment ☐ Immediate referral ☐ Routine follow-up referral ☐ Referral not indicated
5. Alcohol screening result  
☐ No evidence of alcohol-related problems  
☒ Potential alcohol problem (positive response to either question 15a or 15b and/or AUDIT-C (questions 16c-e) score of 4 or more for men or 3 or more for women)  
Refer to PCM for evaluation. ☒ Yes ☐ No
6. During this deployment have you sought, or do you now intend to seek, counseling or care for your mental health? ☒ Yes ☐ No
7. Traumatic Brain Injury (TBI) risk assessment  
☒ No evidence of risk based on responses to questions 9 a. - d.  
☐ Potential TBI with persistent symptoms, based on responses to question 9 d.  
Refer for additional evaluation. ☐ Yes ☒ No
8. Tuberculosis risk assessment, based on response to question 20.  
☐ Minimal risk  
☒ Increased risk  
Recommend tuberculosis skin testing in 90-90 days ☒ Yes ☐ No
9. Depleted Uranium (DU) risk assessment, based on responses to question 18 (DU, Yes) or question 19 (Yes).  
☒ No evidence of exposure to depleted uranium  
☐ Potential exposure to depleted uranium  
Refer to PCM for completion of DD Form 2872 and possible 24-hour urinalysis. ☐ Yes ☒ No
10. Do you have any other concerns about possible exposures or events during this deployment? ☐ Yes ☒ No



What you feel may affect your health?  
Please list your concerns.

11. Do you currently have any questions or concerns about your health?

☐ Yes ☐ No

Please list your concerns.

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Service Member's Social Security Number: 321-70-9076

#### Health Assessment

After my interview/examination of the service member and review of this form, there is a need for further evaluation and follow-up as indicated below. (More than one may be noted for patients with multiple problems. Further documentation of the problem evaluation to be placed in service member's medical record.)

| 11. Identified Concerns   | Minor Concern         | Major Concern         | Already treated       | Care                  | 12. Referral Information              | Within 24 hours       | Within 7 days | Within 30 days |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------------------------|-----------------------|---------------|----------------|
|                           | (1)                   | (2)                   | Yes                   | No                    |                                       |                       |               |                |
| Physical Symptom(s)       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | a. Primary Care, Family Practice      |                       |               |                |
| Exposure Symptom(s)       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | b. Behavioral Health in Primary Care  |                       |               |                |
| Environmental             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | c. Mental Health Specialty Care       |                       |               |                |
| Occupational              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | d. Other specialty care:              |                       |               |                |
| Combat or mission-related | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Audiology                             |                       |               |                |
| Depression symptoms       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Cardiology                            |                       |               |                |
| PTSD symptoms             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dermatology                           |                       |               |                |
| Anger/Aggression          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | ENT                                   |                       |               |                |
| Suicidal ideation         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | GI                                    |                       |               |                |
| Social/Family Conflict    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Internal Medicine                     |                       |               |                |
| Alcohol Use               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Neurology                             |                       |               |                |
| Other                     |                       |                       |                       |                       | OB/GYN                                |                       |               |                |
|                           |                       |                       |                       |                       | Ophthalmology                         |                       |               |                |
|                           |                       |                       |                       |                       | Optometry                             |                       |               |                |
|                           |                       |                       |                       |                       | Orthopedics                           |                       |               |                |
|                           |                       |                       |                       |                       | Pulmonology                           |                       |               |                |
|                           |                       |                       |                       |                       | Urology                               |                       |               |                |
|                           |                       |                       |                       |                       | e. Case Manager, Case Management      |                       |               |                |
|                           |                       |                       |                       |                       | f. Substance Abuse Program            |                       |               |                |
|                           |                       |                       |                       |                       | g. Health Promotion, Health Education |                       |               |                |
|                           |                       |                       |                       |                       | h. Chaplain                           |                       |               |                |
|                           |                       |                       |                       |                       | i. Family Support, Community Service  |                       |               |                |
|                           |                       |                       |                       |                       | j. Military OneSource                 |                       |               |                |
|                           |                       |                       |                       |                       | k. Other                              |                       |               |                |
|                           |                       |                       |                       |                       | l. No referral made                   | <input type="radio"/> |               |                |

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# POST-DEPLOYMENT HEALTH ASSESSMENT (PDHA)

## PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C. 105, 1074; 3212, 5012 and E.O. 9397.

**PRINCIPAL PURPOSE(S):** To assess your state of health after deployment in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care you may need. The information you provide may result in a referral for additional healthcare that may include medical, dental or behavioral healthcare or diverse community support services.

**ROUTINE USE(S):** In addition to those disclosed generally permitted under 5 U.S.C. 552a(b) of the Privacy Act, to other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment. Responses may be used to guide possible referrals.

**DISCLOSURE:** Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

**INSTRUCTIONS:** Please read each question completely and carefully before entering your response or making your selection. YOU ARE ENCOURAGED TO ANSWER EACH QUESTION. ANSWERING THESE QUESTIONS WILL NOT DELAY YOUR RETURN HOME. Withholding or providing inaccurate information may impair a healthcare provider's ability to identify health problems and refer you to appropriate sources for additional evaluation or treatment. If you do not understand a question, please ask for help.

## DEMOGRAPHICS

|   |  |   |  |
|---|--|---|--|
| Last Name<br>ARROYO   |  | First Name<br>LUZMARIA                    | Middle Initial   |
| Social Security Number<br>321-70-9075                           |  | Today's Date (dd/mm/yyyy)<br>10-Apr-2010  |  |
| Name of Your Unit during this Deployment<br>309th CABOE, DET 29 |  | Date of Birth (dd/mm/yyyy)<br>01-Jan-1981 | Gender<br><input type="radio"/> Male <input checked="" type="radio"/> Female |
| Service Branch  | Component  | Pay Grade                                 |  |
| <input type="radio"/> Air Force                                 | <input type="radio"/> Active Duty                  | <input type="radio"/> E1                  | <input type="radio"/> O1   |
| <input checked="" type="radio"/> Army                           | <input type="radio"/> National Guard               | <input type="radio"/> E2                  | <input type="radio"/> O2   |
| <input type="radio"/> Coast Guard                               | <input checked="" type="radio"/> Reserves          | <input type="radio"/> E3                  | <input type="radio"/> O3   |
| <input type="radio"/> Marine Corps                              | <input type="radio"/> Civilian Government Employee | <input type="radio"/> E4                  | <input type="radio"/> O4   |
| <input type="radio"/> Navy                                      | <input type="radio"/> Other                        | <input type="radio"/> E5                  | <input type="radio"/> O5   |
| <input type="radio"/> OB Employee                               |  | <input checked="" type="radio"/> E6       | <input type="radio"/> O6   |
| <input type="radio"/> Other                                     |  | <input type="radio"/> E7                  | <input type="radio"/> O7   |
|   |  | <input type="radio"/> E8                  | <input type="radio"/> O8   |
|   |  | <input type="radio"/> E9                  | <input type="radio"/> O9   |
|   |  |   | <input type="radio"/> O10  |
| Date of arrival in theater (dd/mm/yyyy)<br>26-May-2009          |  |   |  |
| Date of departure from theater (dd/mm/yyyy)<br>10-Apr-2010      |  | Name of Operation:                        |  |

**Location of Operation.** To what areas were you mostly deployed (unit-based operations for more than 30 days)?  
(Please mark all that apply, indicating the number of months spent at each location.)

|                 |                               |
|-----------------|-------------------------------|
| Country 1: IRAQ | Time at location (months): 12 |
| Country 2:      | Time at location (months):    |
| Country 3:      | Time at location (months):    |
| Country 4:      | Time at location (months):    |
| Country 5:      | Time at location (months):    |

Occupational specialty during this deployment (MOS/AGG, NEC/NOB, or AFSC): 42A30

Combat specialty: 3B830

Current Contact Information:

|                                    |                                  |
|------------------------------------|----------------------------------|
| Phone: 708-3305991                 | Name: Juanita Arroyo             |
| Cell: 815-530-6810                 | Phone: 708-3305931               |
| DSN:                               | Email:                           |
| Email: luzmaria.arroyo@us.army.mil | Mailing Address: 9148 So 88th CT |
| Address: 9148 So 88th CT           | Hickory Hills, IL 60457          |
| Hickory Hills, IL 60457            |                                  |

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PREVIOUS EDITION IS OBSOLETE.

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- Overall, how would you rate your health during the PAST MONTH?
  - ☐ Excellent
  - ☐ Very Good
  - ☒ Good
  - ☐ Fair
  - ☐ Poor
- Compared to before this deployment, how would you rate your health in general now?
  - ☐ Much better now than before I deployed
  - ☐ Somewhat better now than before I deployed
  - ☒ About the same as before I deployed
  - ☐ Somewhat worse now than before I deployed
  - ☐ Much worse now than before I deployed
- During the past 4 weeks, how difficult have physical health problems (illness or injury) made it for you to do your work or other regular daily activities?
  - ☐ Not difficult at all
  - ☐ Somewhat difficult
  - ☐ Very difficult
  - ☐ Extremely difficult
- During the past 4 weeks, how difficult have emotional problems (such as feeling depressed or anxious) made it for you to do your work, take care of things at home, or get along with other people?
  - ☐ Not difficult at all
  - ☐ Somewhat difficult
  - ☐ Very difficult
  - ☐ Extremely difficult
- How many times were you seen by a healthcare provider (physician, PA, nurse, counselor, etc.) for a medical problem or concern during this deployment?
 

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- Did you have to spend one or more nights in a hospital as a patient during this deployment?
  - ☒ No
  - ☐ Yes. Reason(s):
- Were you wounded, injured, assaulted or otherwise hurt during this deployment?
  - ☒ No
  - ☐ Yes
- If YES, are you still having problems related to this event?
  - ☐ No
  - ☐ Yes
  - ☐ Unsure

For any of the following symptoms, please indicate whether you want to see a healthcare provider (yes/no):

On any of the following circumstances, please indicate whether you were or were not involved in the circumstances, and whether you are still bothered by the symptom now.

| Symptom   | Sick Call             |                       | On/Off Duty           |                       | Subsequent            |                       | Symptom  | Sick Call             |                       | On/Off Duty           |                       | Subsequent            |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|   | No                    | Yes                   | No                    | Yes                   | No                    | Yes                   |  | No                    | Yes                   | No                    | Yes                   | No                    | Yes                   |
| Fever   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dizzy, light headed, passed out                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cough lasting more than 3 weeks                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dariness   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Trouble breathing                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Vomiting   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bad headache                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Frequent indigestion/heartburn                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Generally feeling weak                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Problems sleeping or still having trouble sleeping | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Muscle aches                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Trouble concentrating, easily distracted           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Swollen, stiff or painful joints                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Forgetful or trouble remembering things            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Back pain                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hard to make up your mind or make decisions        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Numbness or tingling in hands or feet           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Increased irritability                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Trouble hearing                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Skin diseases or rashes                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ringing in the ears                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Other (please list):                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Watery, red eyes                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Stress   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dimming of vision. Do the lights were going out | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chest pain or pressure                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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Service Member's Social Security Number: 321-70-9075

9.a. During this deployment, did you experience any of the following events? (Mark all that apply)

- (1) Blast or explosion (IED, RPG, and mine, grenade, etc.) ☐ No ☐ Yes
- (2) Vehicular accident or crash (any vehicle, including aircraft) ☐ No ☐ Yes
- (3) Fragment wound or bullet wound above your shoulders ☐ No ☐ Yes
- (4) Fall ☐ No ☐ Yes
- (5) Other event (for example, a sports injury to your head). Describe: ☐ No ☐ Yes

9.b. Did any of the following happen to you, or were you told happened to you, IMMEDIATELY after any of the event(s) you just noted in question 9.a.? (Mark all that apply)

- (1) Lost consciousness or got "knocked out" ☐ No ☐ Yes
- (2) Fell dazed, confused, or "saw stars" ☐ No ☐ Yes
- (3) Didn't remember the event ☐ No ☐ Yes
- (4) Had a concussion ☐ No ☐ Yes
- (5) Had a head injury ☐ No ☐ Yes

9.c. Did any of the following problems begin or get worse after the event(s) you noted in question 9.a.? (Mark all that apply)

- (1) Memory problems or lapses ☐ No ☐ Yes
- (2) Balance problems or dizziness ☐ No ☐ Yes

9.d. In the past week, have you had any of the symptoms you indicated in 9.c.? (Mark all that apply)

- (1) Memory problems or lapses ☐ No ☐ Yes
- (2) Balance problems or dizziness ☐ No

[https://medpros.mods.army.mil/MWDEnet/DataEntryForms/pdha/pdfs/DD2796\\_200709/...](https://medpros.mods.army.mil/MWDEnet/DataEntryForms/pdha/pdfs/DD2796_200709/...) 2011/02/07

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# POST-DEPLOYMENT HEALTH ASSESSMENT (PDHA)

## PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C. 138, 10711, 10712, 10713, 10714 and E.O. 9197

PRINCIPAL PURPOSE(S): To assess your state of health after deployment in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care you may need. The information you provide may result in a referral for additional healthcare that may include medical, dental or behavioral healthcare or diverse community support services.

ROUTINE USE(S): In addition to those disclosures generally permitted under 5 U.S.C. 552(a)(2) of the Privacy Act, to other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment. Responses may be used to guide possible referrals.

DISCLOSURE: Voluntarily. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: Please read each question completely and carefully before entering your response or marking your selection. YOU ARE ENCOURAGED TO ANSWER EACH QUESTION. ANSWERING THESE QUESTIONS WILL NOT DELAY YOUR RETURN HOME. Withholding or providing inaccurate information may impair a healthcare provider's ability to identify health problems and refer you to appropriate sources for additional evaluation or treatment. If you do not understand a question, please ask for help.

## DEMOGRAPHICS

|  |  |  |  |
|--|--|--|--|
| Last Name<br>ARROYO  |  | First Name<br>LUZMARIA                                     | Middle Initial   |
| Social Security Number<br>321-70-9075                            |  | Today's Date (dd/mm/yyyy)<br>16-Mar-2010                   |  |
| Name of Your Unit during this Deployment<br>303rd CA BDE, DET 29 |  | Date of Birth (dd/mm/yyyy)<br>01-Jan-1961                  | Gender<br><input type="radio"/> Male <input checked="" type="radio"/> Female |
| Service Branch   | Component  | Pay Grade  |  |
| <input type="radio"/> Air Force                                  | <input type="radio"/> Active Duty                  | <input type="radio"/> E1                                   | <input type="radio"/> O1   |
| <input checked="" type="radio"/> Army                            | <input type="radio"/> National Guard               | <input type="radio"/> E2                                   | <input type="radio"/> O2   |
| <input type="radio"/> Coast Guard                                | <input checked="" type="radio"/> Reserve           | <input type="radio"/> E3                                   | <input type="radio"/> O3   |
| <input type="radio"/> Marine Corps                               | <input type="radio"/> Civilian Government Employee | <input type="radio"/> E4                                   | <input type="radio"/> O4   |
| <input type="radio"/> Navy                                       | <input type="radio"/> Other                        | <input type="radio"/> E5                                   | <input type="radio"/> O5   |
| <input type="radio"/> US Employee                                |  | <input checked="" type="radio"/> E6                        | <input type="radio"/> O6   |
| <input type="radio"/> Other                                      |  | <input type="radio"/> E7                                   | <input type="radio"/> O7   |
|  |  | <input type="radio"/> E8                                   | <input type="radio"/> O8   |
|  |  | <input type="radio"/> E9                                   | <input type="radio"/> O9   |
|  |  |  | <input type="radio"/> O10  |
| Date of arrival in theater (dd/mm/yyyy)<br>26-May-2009           |  | Date of departure from theater (dd/mm/yyyy)<br>10-Apr-2010 |  |
|  |  | Name of Operation:<br>Iraq Freedom                         |  |

Location of Operation. To what areas were you mainly deployed (no-based operations for more than 30 days)? (Please mark all that apply, including the number of months spent at each location.)

|                 |                               |
|-----------------|-------------------------------|
| Country 1: IRAQ | Time at location (months): 12 |
| Country 2:      | Time at location (months):    |
| Country 3:      | Time at location (months):    |
| Country 4:      | Time at location (months):    |
| Country 5:      | Time at location (months):    |

Occupational specialty during this deployment (AMOS/AG, MFG/MOR, or AFSC): 42A30

Combat specialty: 38930

|                                    |  |
|------------------------------------|--|
| Current Contact Information:       | Point of Contact who can always reach you: |
| Phone:                             | Name: JUANITA ARROYO                       |
| Cell: 815630810                    | Phone: 708-430-8991                        |
| DSN:                               | Email:                                     |
| Email: luzmaria.arroyo@us.army.mil | Mailing Address: 9148 So. 88th Ct          |
| Address: 9148 So. 88th Ct          | Liberty Hill, IL 60457                     |
| Home: 60457                        |  |

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PREVIOUS EDITION IS OBSOLETE.

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This form must be completed electronically. Handwritten forms will not be accepted.

Service Member's Social Security Number: 321-70-9075

|  |  |
|--|--|
| 1. Overall, how would you rate your health during the PAST MONTH?  | 2. Compared to before this deployment, how would you rate your health in general now?  |
| <input checked="" type="radio"/> Excellent   | <input type="radio"/> Much better now than before I deployed   |
| <input type="radio"/> Very Good  | <input checked="" type="radio"/> Somewhat better now than before I deployed  |
| <input type="radio"/> Good   | <input type="radio"/> About the same as before I deployed  |
| <input type="radio"/> Fair   | <input type="radio"/> Somewhat worse now than before I deployed  |
| <input type="radio"/> Poor   | <input type="radio"/> Much worse now than before I deployed  |
| 3. During the past 4 weeks, how difficult have physical health problems (injury or illness) made it for you to do your work or other regular daily activities? | 4. During the past 4 weeks, how difficult have emotional problems (such as feeling depressed or anxious) made it for you to do your work, take care of things at home, or get along with other people? |
| <input checked="" type="radio"/> Not difficult at all  | <input type="radio"/> Not difficult at all   |
| <input type="radio"/> Somewhat difficult   | <input checked="" type="radio"/> Somewhat difficult  |
| <input type="radio"/> Very difficult   | <input type="radio"/> Very difficult   |
| <input type="radio"/> Extremely difficult  | <input type="radio"/> Extremely difficult  |
| 5. How many times were you seen by a healthcare provider (physician, PA, medic, corpsman, etc.) for a medical problem or concern during this deployment?       | 6. Did you have to spend one or more nights in a hospital as a patient during this deployment?   |
| 9  | <input checked="" type="radio"/> No  |
|  | <input type="radio"/> Yes. Reason/Voices:  |
| 7. Were you wounded, injured, assaulted or otherwise hurt during this deployment?  | 7a. IF YES, are you still having problems related to this event?   |
| <input checked="" type="radio"/> No <input type="radio"/> Yes  | <input type="radio"/> No <input type="radio"/> Yes <input type="radio"/> Unsure  |

8. For each of the following symptoms, please indicate whether you want to see a healthcare provider (physician, PA, medic).

On the day on which symptoms began, were you in a combat area (where you were exposed to enemy fire, rockets, etc.), were placed on quarters (Ops) or given light/limited duty (Phase), and whether you are still bothered by the symptom now.

| Symptom   | Sick Call                        |                                  | On Quarters                      |                       | Sick Bedrest                     |                       | Symptom   | Sick Call                        |                                  | On Quarters                      |                       | Sick Bedrest                     |                       |
|---|----------------------------------|----------------------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|---|----------------------------------|----------------------------------|----------------------------------|-----------------------|----------------------------------|-----------------------|
|   | No                               | Yes                              | No                               | Yes                   | No                               | Yes                   |   | No                               | Yes                              | No                               | Yes                   | No                               | Yes                   |
| Fever   | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Dizzy, light-headed, passed out                       | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Cough lasting more than 2 weeks                   | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Diarrhea  | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Trouble breathing                                 | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Vomiting  | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Bad headache                                      | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Frequent indigestion/heartburn                        | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Generally feeling weak                            | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Problems sleeping or not feeling tired after sleeping | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Muscle aches                                      | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Trouble concentrating, easily distracted              | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Swollen, stiff or painful joints                  | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Forgetful or trouble remembering things               | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Back pain   | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Hard to make up your mind or make decisions           | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Numbness or tingling in hands or feet             | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Increased irritability                                | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Trouble hearing                                   | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Skin diseases or rashes                               | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Ringing in the ears                               | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Other (please list):                                  | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Watery, red eyes                                  | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | Stress  | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Dimming of vision, like the lights were going out | <input checked="" type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |   |                                  |                                  |                                  |                       |                                  |                       |
| Chest pain or pressure                            | <input type="radio"/>            | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |   |                                  |                                  |                                  |                       |                                  |                       |

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Service Member's Social Security Number: 321 70-5076

9.a. During this deployment, did you experience any of the following events? (Mark all that apply)

- (1) Blast or explosion (IED, RPG, land mine, grenade, etc.) ☒ No ☐ Yes
- (2) Vehicular accident/crash (any vehicle, including aircraft) ☐ No ☒ Yes
- (3) Fragment wound or bullet wound above your shoulders ☒ No ☐ Yes
- (4) Fall ☐ No ☐ Yes
- (5) Other event (for example, a sports injury to your head) Describe: boxing and combatives ☐ No ☒ Yes

9.b. Did any of the following happen to you, or were you told happened to you, IMMEDIATELY after any of the event(s) you just noted in question 9.a.?

- (1) Lost consciousness or got "knocked out" ☐ No ☒ Yes
- (2) Fell dazed, confused, or "saw stars" ☐ No ☒ Yes
- (3) Didn't remember the event ☒ No ☐ Yes
- (4) Had a concussion ☒ No ☐ Yes
- (5) Had a head injury ☒ No ☐ Yes

9.c. Did any of the following problems begin or get worse after the event(s) you noted in question 9.a.?

- (1) Memory problems or lapses ☒ No ☐ Yes
- (2) Balance problems or dizziness ☒ No ☐ Yes
- (3) Ringing in the ears ☐ No ☒ Yes
- (4) Sensitivity to bright light ☒ No ☐ Yes
- (5) Irritability ☒ No ☐ Yes
- (6) Headaches ☒ No ☐ Yes
- (7) Sleep problems ☒ No ☐ Yes

9.d. In the past week, have you had any of the symptoms you indicated in 9.c.?

- (1) Memory problems or lapses ☒ No ☐ Yes
- (2) Balance problems or dizziness ☒ No ☐ Yes
- (3) Ringing in the ears ☐ No ☒ Yes
- (4) Sensitivity to bright light ☒ No ☐ Yes
- (5) Irritability ☒ No ☐ Yes
- (6) Headaches ☒ No ☐ Yes
- (7) Sleep problems ☒ No ☐ Yes

10. Did you encounter dead bodies or see people killed or wounded during this deployment? (Mark all that apply)

☐ Yes ( ☐ Enemy ☐ Coalition ☐ Civilians )

11. Were you engaged in direct combat where you discharged a weapon?

☐ Yes ( ☐ Land ☐ Sea ☐ Air )

12. During this deployment, did you ever feel that you were in great danger of being killed?

☒ Yes

13. Have you ever had any experience that was so frightening, horrible, or upsetting that, IN THE PAST MONTH, you ...

- a. Have had nightmares about it or thought about it when you did not want to?
- b. Tried hard not to think about it or went out of your way to avoid situations that remind you of it?
- c. Were constantly on guard, watchful, or easily startled?
- d. Felt numb or detached from others, activities, or your surroundings?

14. Over the PAST MONTH, have you been bothered by the following problems?

Not at all    Few or several days    More than half the days    Nearly every day

☐ ☒ ☐ ☐



